



Top 10 Reasons to Promote *Healthy Eating and Active Lifestyles*

(IN NO PARTICULAR ORDER)

Live Healthy!

1. Being active and eating healthily can have a positive effect on students' job status and income!
2. Engaging in an active lifestyle improves attention span, focus and memory, and helps relieve tension.
3. Employees who are not overweight or obese have higher productivity and fewer work limitations than employees who are moderately to extremely obese.
4. Exercise helps mental and emotional health too! Young people who exercise are happier and experience less chronic stress than those who do not.
5. Being active gives you energy, and activates your immune system. Exercise can ward off colds and the flu.
6. Healthy foods can prevent disease!
7. Exercising reduces stress by increasing endorphins, the "feel-good" chemical in the brain.
8. Exercising improves balance and coordination.
9. Regular exercise can also improve mood and self-esteem.
10. Healthy living today can result in a long and healthy future.